



**Stamford**  
College

Hair & Beauty Salon  
**Inspire**

**Appointments  
& Enquiries**  
01780 484372

Ask the  
team about  
our salon  
Pamper Days  
& Special  
Offers!

# HAIR

	Junior Stylist	Qualified Stylist
<b>Cutting</b>		
Ladies Trim .....	Dry £4.50   Wet £5.50	Dry £7.00   Wet £8.00
Cut & Blow Dry .....	£7.50	£10.00
Gents Cut .....	n/a	£4.00
<b>Styling</b>		
Blow Dry .....	£3.50	£5.00
Shampoo & Set .....	£3.00	£5.00
Conditioning Treatment .....	£6.00	£7.00
<b>Colouring</b>		
	<b>Short/Med/Long</b>	<b>Short/Med/Long</b>
Full Head Colour .....	£15/£20/£25	£20/£25/£30
Re-growth .....	£10/£15/£20	£15/£20/£25
Full Head Highlights .....	£15/£20/£25	£20/£25/£30
Part Head Highlights .....	£10/£15/£20	£15/£20/£25
Cap Highlights .....	£10.00	£10.00
Balayage/Ombre .....	n/a	£20/£25/£30
Bleach Regrowth .....	n/a	£20/£25/£30
Colour Correction .....	n/a	£35.00

At Inspire we use trusted brands:

ghd

L'ORÉAL®

cuccio

Eve Taylor®

Ellisons.

# BEAUTY

## Make-Up

Make-Up.....£3.00

With optional strip/individual lashes.....£7.50

## Hands & Feet

Manicure.....£5.00

*Includes filing, cuticle conditioning and tidy, hand and arm massage, finished with your choice of nail polish or buff to shine.*

Luxury Manicure .....£7.50

*Includes all of the manicure essentials plus skin smoothing, exfoliation, a deeply hydrating mask with thermal mitts, finished with your choice of nail polish or buff to shine.*

Express File & Polish/French Polish/Nail Art.....£3.50

Pedicure.....£5.00

*Includes soak, exfoliation, hard skin removal, cuticle conditioning, foot and lower leg massage, finished with your choice of nail polish or buff to shine.*

Luxury Pedicure .....£7.50

*Includes all of the pedicure essentials plus a moisturising or cooling footmask with thermal booties, a deeply relaxing foot and lower leg massage, finished with your choice of nail polish or buff to shine.*

## Facial Treatments

The Inspire Facial.....£10.00

*After a professional skin analysis, your skin is deeply cleansed and exfoliated, before a gentle steam or hot towels are used to soften and remove impurities. A toning and relaxing massage*

using a light cream or facial oil is performed to your face, neck and décolleté followed by a skin treatment mask. Sink further into relaxation with a complimentary scalp/hand and arm massage whilst the mask is on. Your therapist will finish with an eye product, treatment serum if required, and a moisturiser. Recommendations and advice will be given as part of this service.

**Express Facial .....£5.00**

*A 45 minute treatment to cleanse and detoxify. Perfect for busy clients who still want to look after their skin. Please note treatment does not include massage.*

**Non-Surgical Face Lift (Senior Therapist).....£20.00**

*This highly effective facial uses micro and nano-technology to improve the appearance of fine lines, improving the facial contours to such an extent that after just one treatment the face is lifted and the skin glows. It is especially good for the eye area to combat 'bags' and lift the brows, as well as improving 'neck jowls'. A course will improve problem areas and maintain this effect. A course of 10-12 treatments is recommended.*

**Inspire Advanced Facial (Senior Therapist) .....£12.00**

*An advanced facial, designed to meet your individual concerns. A therapist will assess your skin using individually selected machines, discuss your requirements and tailor your Inspire facial to meet your needs.*

**Microdermabrasion Facial (Senior Therapist) .....£20.00**

*A non-invasive, cell resurfacing treatment using pure diamond technology. This helps to reduce fine lines, scarring, pigmentation problems, uneven skin tones and dull or sun damaged complexions. Microdermabrasion is suitable for all skin types and leaves a glowing, smooth and a bright complexion.*

**Ozone Therapy Using High Frequency (Senior Therapist) ..£8.00**

*An effective healing and balancing treatment for the face or back using ozone therapy which improves oily skin conditions by balancing oil secretions and accelerating healing of acne skin conditions.*

## **Massage**

### **Hot & Cold Stone Massage.....£13.00**

*Using hot basalt volcanic stones and cold marble instead of hands creates a deeply relaxing experience equal to several massages. The nervous system and energy centres are balanced and soothed. Muscle tension is eased due to the temperatures involved.*

### **Swedish Full Body Massage.....£10.00**

*A traditional treatment for maintenance of the body and wellbeing. Improves circulation, treats muscle tension and stiffness, and aids relaxation. You have the option of oil, cream or talc, and treatment additions include infrared heat treatment therapy or G5 Mechanical Massage.*

### **Swedish Back, Neck & Shoulder Massage .....£7.50**

*Focusing only on the back, neck and shoulders this treatment eases tension carried in these areas which can cause pain and stiffness.*

### **Indian Head Massage .....£8.00**

*Traditional Indian techniques are used in this massage of the head, face, scalp, shoulders and neck. Treatment can be performed over your clothes, without oils or with speciality oils. Deeply relaxing, this massage has been known to improve many stress related conditions. Ideal for people less mobile as it is done in a chair.*

### **Pre-Blend Aromatherapy Massage.....£12.00**

*Essential oils from plants are blended into high quality carrier oils. Each blend is designed to balance the mind, soothe the nerves or ease tension in the body. This treatment includes a face and body massage.*

## Eye Treatments

**You must have a patch test at least 24 hours prior to any tinting or lash application even if you have had one at another salon.**

Eyebrow Shape or Tint .....£3.00

Eyelash Tint.....£4.00

Eyelash and Brow Tint.....£6.00

Inspire Your Eyes.....£7.00

*A lash and brow tint and eyebrow shape.*

## Hair Removal Treatments

Top Lip or Chin .....£2.50

Lip & Chin.....£4.00

Back .....£7.00

Eyebrows.....£2.00

Bikini Line .....£3.00

Underarms .....£3.00

Half Leg .....£6.00

Full Leg.....£8.00

# ETIQUETTE

- Before entering the salon, please switch off your mobile phones to allow all guests to relax.
- We cannot allow children under the age of 12 in to the salon for safety reasons; children under 18 must be accompanied by an adult.
- Please call or email if you cannot make your appointment or are delayed. We require at least 24 hours notice of cancellation.
- Tipping is accepted but not expected. Please tell us how your treatment was so we can improve our service.
- Flip flops are required after pedicure, please allow for drying of nail polish at the end of a treatment.
- For assessment purposes the curtains will need to be kept open for observation but you will be covered at all times and unable to see other clients.
- The inspire hair salon is a training salon so please leave ample time for your appointment. We will be happy to advise you on typical appointment times on enquiry though please be aware these are subject to change.
- Patch testing must be done 24 hours before tinting and false lash treatments.

## **Appointments & Enquiries**

01780 484372

### **Enquiries**

[inspire.salon@ieg.ac.uk](mailto:inspire.salon@ieg.ac.uk)

### **Opening Times**

Please contact Inspire  
Reception or check our  
website for our current  
opening times  
[www.stamford.ac.uk](http://www.stamford.ac.uk)

Inspire has ramp and lift access to the hair and beauty salons for clients with mobility restrictions. Toilets with ground floor access are also available. We welcome guide/hearing dogs only.



**Stamford College, Drift Road,  
Stamford, PE9 1XA**